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VIPASSANA: [Correct method to observe sensations and make them fade away]/**Tinnitus/Migraine Resolution Method** [20-APR-2020]

(HOW TO ALLEVIATE MISERIES/Meditating on impermanence, SENSATIONS / Objective observation]/**Tinnitus/Migraine Resolution Method** [20-APR-2020])

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<https://sunild1204.tumblr.com/post/611655016231682048/vipassa>

Meditation is a one pointed concentration and objective observation of any object of meditation. Thus, one can meditate on breathe, water, air, sensations etc., and **what is objective observation? An objective observer** simply observes, all things as they are, without giving any opinion, or giving any emotional reactions **maintaining absolute equanimity** by not creating any craving or aversion towards object of interaction or meditation.

Buddha discovered that when one meditates on impermanence, one is able to alleviate the miseries. What is impermanence? **SENSATIONS** is the answer, and why does one feel miserable? When one is in a habit pattern of FEELING the SENSATIONS instead of observing them at subtle level, identifying the sensation as their own or 'mine', one accumulates miseries, and where do sensations arise? Sensations arise anywhere within or on surface of body, and when one is able to catch them as they arise, not identifying them as mine or self, and observes them as separate entity at subtle level, objectively, sensation becomes weak, thus **instead of FEELING THE SENSATION** one shall **CULTIVATE THE HABIT TO OBSERVE THE SENSATION** at **subtle level**, for the **DURATION** of sensation or till they become weak or fade away, and this **OBJECTIVE and equanimous OBSERVATION** of sensation is the way to eradicate misery. The **subtle level** is the exact surface area of a body part from where sensations are **emitting** or in other words '**arising and passing away**' rapidly. We use arising of sensations as a path to reach the exact body part area or subtle level where they are in continuous arising and passing away mode.

The only reason one gets anxious or worried when dealing with sensations is because one starts to think of sensation as their own, and this illusion of sensation designated as "MINE" is responsible for miseries that follow on account of false attachment to these sensations. In reality sensation are not mine, have no-self, and are empty in essence. But the **AWARENESS** that sensation are not yours, not mine, are empty having no-self and are separate phenomenon in a state of flux, and this knowledge or awareness is the one that will make you free from assault of sensations. As long as you do not consider sensations as yours there is no reason why they shall create any misery for you, as now you can simply abandon them by observing them objectively and equanimously at subtle level from where they emit, instead of wallowing in them.

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- **The arising of sensation** on any part of body signals that affected body part is undergoing some change at atomic level. All one then has to do is to **observe the affected body part area where sensations are exactly arising or alive**, and this objective observation must be done for the duration of sensations that are active or alive due to any reason. When correcting a defilement or defect of a body part, one must hunt/search for any sensations that may exist on a **subtle body part AREA** and watch or observe exact arising of them to eradicate them. The exact arising of sensations must be observed along with body part at **subtle AREA** that is emitting these sensations to catch “**exact arising of sensation at subtle level**”.
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- The GROSS sensations (pain, itch, cut, etc.) that arise due to contact are not ‘mine’, do not belong to us, so letting go of gross sensations is the right thing to do. The gross sensations arise to make us **wallow** in them, thus suffer misery for active duration of sensations, and **how do we wallow in sensations? By attending to sensations**, giving them continuous attention, **feeling them, clinging** to them, taking them as ‘mine’ as if they belong to us and we shall suffer with them (sensations). **What is the right way to respond to these gross sensations?** Sadhaks shall know that **ONLY SENSATION that shall be attended to is “TOUCH OF AIR” and all other sensations shall be let go or abandoned** and any clinging to them shall be avoided. Thus, sadhaks **shall NOT CLING** to gross sensations, **shall not wallow** in sensations, instead shall **turn mind away to ‘TOUCH OF AIR’** either on upper lip, or nose tips, or anywhere on body where ‘SENSATION OF TOUCH OF AIR’ can be felt. Sadhak can in some cases, **START SPEED RUNNING FAN** and observe and ATTEND to ‘touch of air’ on every part of body thus ignoring and letting go of every other gross sensations to alleviate misery to an extent. **Sadhak MUST PREVAIL in letting go of every gross sensations AS SOON AS THEY ARISE and instead ATTEND TO ‘touch of air’ on upper lip or nose tip or any part of body where available. For a SADHAK no gross sensation is worth attending to, only sensation he attend is ‘touch of air’, where ever available on any part of body.**
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- **Also, in the case where the gross sensations ARE ALIVE and active due to recent incident on body part area (cut, pain due to hurt etc.), or in the case where gross sensations must be eradicated from the root**, sadhak may attend to objective observation of body part area that is emitting these sensations at their exact arising to alleviate the misery. But if objective observation is not possible due to severe condition of arising sensations, in that case objective observation of ‘touch of air’ may be undertaken on same body part area where these sensations are arising, and in that case, sadhak must prevail on observing and attending to ‘**touch of air**’ as **primary sensation** that shall override on top of the original sensation underneath. Sadhak may also chose to objectively observe and attend to ‘touch of air’ on other part of body to let go of sensations of misery if observing of ‘touch of air’ at affected body part is not possible due to any reason.
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- Thus watching of sensation along with subtle level area of body part from where this exact area where sensations are active is an important part of observing sensations. To ‘**objectively observe the body part**’ and catch it exactly at location of ‘**exact arising**

and passing of sensations' while the body part is emitting sensation is the path to eradicate the misery or mellow down sensations. **For example**, if I have a pain in knees, I would do a continuous observation of exact location of pain while walking or in motion, Or I may explicitly subject my body part to action which helps emit such sensations so as to enable us to do objective 'observation of body part at its exact arising of sensations', while sensations are being emitted.

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- **SIMPLY KEEP YOUR ONE POINTED FOCUS OR OBJECTIVE [equanimous] OBSERVATION ON BODY PART AREA THAT IS ALIVE WITH SENSATIONS, TILL THE TIME SENSATIONS ARE STRONG OR MELLOWED DOWN OR ERADICATED.** Depending on case by case, such continuous observation of affected part may be required from few minutes, few hours to several days in case the affected body part is emitting sensations due to any defect whether small or major, caused due to hurt or any complication of any kind.
- For example, in case of **Migraine** affected part of "**head or brain**", and in case of **Tinnitus** the affected part of "**TMJ Area-T**" and **3 inch jawline that connects to lower ear, may need objective observation every time the sensation is active and such observation are continued for several days till the problem of either migraine or tinnitus is corrected for good. One simply starts to OBJECTIVELY observe (detached, unemotional, equanimous observation without any reaction) affected part of body where sensations are alive or active till the time they have mellowed down or disappeared.**
- Sensations arise, only to distract the mind and body to capture them into **REALM** of misery as per the characteristics of that sensation, and only way to **STOP** that is to objectively observe the part of body that is emitting these sensations and not fall into "**MARA the evils one's**" trap of wallowing in sensations. Sensations are the way or the path to area of body part which is undergoing change with subtle arising and passing away that requires objective and equanimous observation for the duration of their active period. When correcting a defilement or defect of a body part, one must hunt/search for any sensations that may exist on a body part **AREA** and watch or observe exact arising of them to eradicate them. The exact arising of sensations must be observed along with body part **AREA** that is emitting these to catch "**exact arising of sensation at subtle level**". Thus watching of sensation along with subtle level area of body part from where this exact area is active is an important part of observing sensations.
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Correction of a damage or impurity of a body part or brain:

While **DHAMMA sensations** (mental contents like sensations of anxiety, fear, panic, anger etc.) are eradicated as soon as they arise and are immediately observed objectively, **GROSS sensations** require continuous observation of body part from where sensations arise, but here we use sensation as a path to penetrate and reach the **subtle body part area** that is emitting these sensations and observe that body part area and '**exact arising**' of sensation through continuous, objective, and equanimous observation of the body part active with sensations.

A **DEFILEMENT** (sankhara) or **IMPURITY** of a body part may be described as, a body part that is emitting sensations (sensation of misery of any kind) due to any reason. For example sensations of anxiety, fear, panic etc. (DHAMMA sensations) are defilements of brain, while sensation of pain, cut, itch, fatigue or blurriness in case of eye, walking posture disabilities, are defilements of GROSS SENSATIONS that exists on body part afflicted with damage of any kind.

My Note: defilements are nothing but reactions towards sensations stored inside body --- so you have all reactions towards sensations stored in body since childhood till now....meaning all reactions you gave to sensations (anxiety, panic, itching, pain are example of sensations). So now, if you give new reactions of EQUANIMITY or NO REACTION to sensation as they arise again, then you get released from those sensations as now they are re-programmed to give no reaction. That is the crux of vipassana, to release from old incorrect habit of reaction to new no-reaction to those sensations or being equanimous to them

Thus, for example when GROSS sensation of pain of itching starts, one must penetrate the sensation and reach the subtle area of skin or body part from where these sensations arise and thus objectively observing them at root of exact arising, one eradicates them or weaken them, and all such objective observation at subtle level are continuous and equanimous, till the time sensations have weakened or stopped.

THUS, in order to correct any body part, we subject that body part to its natural function (seeing, watching TV in case of eyes, hearing audio in case of ears or tinnitus, walking in case of legs, etc.) and when that body part starts to emit sensations [sensations due to any defilement that exists in that body part, for example fatigue and blurriness in case of **eye defilement**, **tinnitus voices defilement** in case of **TMJ (Area-T** as in picture) and 2-3 inch jawline area that connects to lower ear that is emitting neuronal activity aka tinnitus, pain in legs due to any reason etc., due to any defilement, we use sensations that arise due to defilement as a path to penetrate and reach body part area that is emitting the GROSS sensation and observe that body area of body part along with '**exact arising**' of sensations thereof, continuously [several hours and all days if required], till the defilement has reduced, mellowed down or disappeared.

Such objective observations of defilement in method described above, may be undertaken for **eyelids and eyebrows** while watching TV, or reading for **EYES, TMJ area-T and 2-3 inch jawline that connects to lower ear** in case of tinnitus voices, **Legs** in case of Pain, **stomach** in case of any stomach issues. Simply bring the body part to required action so that the DEFILEMENT comes up on the surface in the form of SENSATIONS, **then simply ""close your eyes and use inner vision"" to use arising sensation (sensation of pain, discomfort, fatigue, vibrations etc.) as a path to reach the surface of body part that is emitting these sensations and continue to observe** from several minutes to several hours and if required,

all days, thus making sure that objective observation of body part and its arising sensations has eradicated the defilement for good.

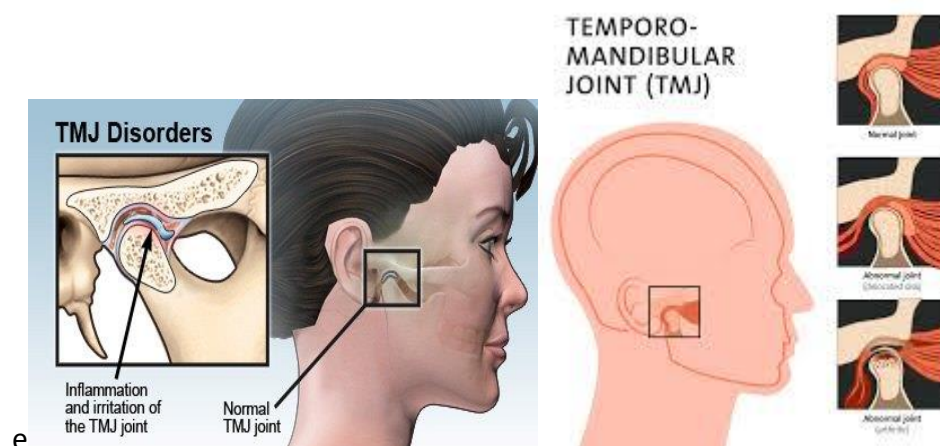
++ TINNITUS Start


SENSATION's are designed to trick the sufferer of them to start wallowing in them rather than observe them objectively which is what is required by a vipassana sadhak. The one who knows that sensations must be objectively observed instead of suffering in them, and thus eradicates them with this knowledge. In case of tinnitus what has happened is that **NEURONAL ACTIVITY has ACCUMULATED** around face area that is near to ear, **TMJ Area-T, [2-3 inch jawline that touches lower ear]**, as in picture provided and since all these accumulated neuronal activities are near to COCHLEA which is a listening device of ear, we hear these neuronal activities in the form of various tinnitus voices. **Thus**, the translated neuronal activity aka tinnitus voice is taken as SENSATION PATH to reach subtle level, and once we are surrounded by these sensation in the form of neuronal activity aka tinnitus, we start to suffer it or wallow in them and thus keep these alive. **Always keep your JAW and JAWLINE relaxed.**

What is required here is a **MECHANISM to OVERRIDE this NEURONAL SENSATION with another gross sensation** and observe affected body part area objectively. If we continue to wallow in neuronal sensation of tinnitus while observing affected subtle body part then we are not doing it right, hence we chose **another GROSS SENSATION aka 'TOUCH OF AIR'** that overrides every body part area where such neuronal activity is active and we now **instead observe 'touch of air'** on body part (entire head, specifically face **TMJ area-T** and **jawline** area that connects with **lower EAR**, outer Ear, back of head) and when we do this we resolve tinnitus by observing at subtle level that is beyond the sensation that is on surface of affected body part. The correct method is to observe subtle arising and passing away of sensation by taking sensation as a path to reach body part area to its exact arising and then observe that body part area that is emitting these sensations objectively and equanimously. **But when doing so ONE MUST NOT BE AFFECTED BY SENSATIONS or wallow in them while they are active** and hence to suppress the sensation that are affecting us or causing us misery we use **"TOUCH OF AIR"** exactly at same subtle area where these sensations aka neuronal activity are arising and passing away and now we instead observe **'touch of air as sensation'** on affected body part area for the duration of original sensation of neuronal activity as and when that is active. **WE DO THIS BY SLEEPING UNDER A FAST RUNNING FAN, close our eyes and use inner vision to observe EVERY SECOND of CONTINUOUS TOUCH OF AIR on affected body part's (entire head, face, TMJ Area-T along with jawline, ear, back of head) that is active with neuronal activities in the form of fireworks, vibrations, or throbbing etc.**

For Tinnitus, If I have to give you one line method ...then it is to just focus your attention on **TMJ Area-T** along with jawline that connect to lower end of ear, Ignoring tinnitus voice or neuronal activity by suppressing or overriding them with **'touch of air'**. As for Tinnitus issue, **TMJ Area-T** along with **JAWLINE** that connect to lower ear is storing all your neuronal

activity aka tinnitus due to some reason and this accumulated tinnitus creates a loop of neuronal activity as it is so close to Hearing device of ear known as cochlea and thus it keeps cochlea always active and vibrating. As per laws of vipassana when you do objective observation of sensations, you eradicate the defilement...previously we were focusing on **tinnitus voices which is TRANSLATED version of original sensations** at TMJ area-T and JAWLINE...that's why it took so long for us to discover and find that TMJ Area-T and JAWLINE is the SUBTLE AREA that requires objective observation and NOT TINNITUS VOICES. Previously we were doing objective observation of tinnitus voices which was wrong since tinnitus is a translated version of original sensations of neuronal activity at Area-T and Jawline. The right way is to observe 'TOUCH OF AIR' on neuronal activity active at TMJ Area-T & jawline locations. And yes, in initial periods it may require several hours and days of such observation on Area-T and jawline when Tinnitus is active. **Always keep your JAW and JAWLINE relaxed.**



Look @ square Box in above pic , that's the objective observation TMJ Area-T for you along with jawline, when tinnitus is active.

Just like you see or observe fireflies floating around, knowing very well that fireflies are not you, 'not mine', and that fireflies are 'separate entities', similarly you shall see sensation as they appear or arise. You shall simply observe the sensations in isolation, detached from body, and shall not create either craving or aversion or emotional reaction to sensations as they arise or appear. Simply observe them at subtle level till they fade away or mellow down.

++ TINNITUS - END

Similarly if EQUANMITY to 'outside objects' of interactions is shaken, one is either creating craving or aversion to them, and **resulting sensations** that arise in response to interaction with these objects then create sensations with aversion, this is also the cause of misery.

How to observe sensations correctly

If you close your eyes and are still able to scan through whole body then that is your **'CONSCIOUS'** or **INNER VISION**, that is able to feel your own presence. Through **CONSCIOUS** or **INNER VISION**, one can feel their own body with closed eyes and also be aware of every incident or sense impression that was result of any interaction with any of 6 sense media, (eye, ear, nose, taste, body, and mind).

Previously with incorrect method, **'CONSCIOUS'** or **INNER VISION** was **directly** observing gross sensations as they happened **ON BODY**. But now with correct method of observation, we detach sensations from body, seeing sensations as outsiders, "**NOT MINE**", a separate entity **and observe them objectively and equanimously at SUBTLE LEVEL** at their exact arising and now they simply disappear or mellow down. In other words the **'CONSCIOUS'** or **INNER VISION**, now does not see sensations, it only sees sensations as a path to reach subtle level of body part area from where they arise, persist and fade away.

Thus to illustrate with an example:

In case of SENSATION of Pain, or sensation of Itch or a sensation of Mosquito bite, next time you must see arising sensations in isolation, 'ignoring the sensation', instead use that sensation as a path to reach subtle area of exact arising, One must observe subtle arising of sensation at body part till they fade away, it may require objective observation from few seconds to few minutes. Thus, you are simply observing the body part at their exact arising of sensation of pain, itch or bite.

Identifying the **location** of 'arising of body sensation' may be important part of observing them as part of objective observation of vipassana technique, as observing the arising of sensation on correct location of body helps us penetrate the sensations deep up to subtle vibrations specially in case of body sensations. This specifically helps us in case of tinnitus as **location of tinnitus voice is wrongly identified as ear where as it is actually coming from TMJ Area-T and JAWLINE** as in picture, the tinnitus voices you hear from ear is due to nearness or proximity of **TMJ Area-T and jawline** which is accumulating tinnitus aka

neuronal electrical bursts. Thus when observing tinnitus you must focus your objective observation on **Area-T** and JAWLINE instead of ear.



always.

[Area-T as in blue half circle on face near ear in picture provided]

Just as every thought or defilement manifests as sensation on surface of body or within, similarly gross sensations have reverse connection with mind in the form of development of mental hindrances wr.to that gross sensation. Thus after equanimous and objective observation of any gross sensations that appear on body that takes time to disappear or mellow down or before deciding to STOP the objective observation of gross sensation and to remove mental hindrance w.r.to gross sensation, sadhak shall switch back to objective observation of brain or head to disconnect the root or link that binds mind with matter for that gross sensation. Thus, few minutes of objective observation of brain or head shall mellow down the hindrance w.r.to that gross sensation as per the case. Please note that this process of objective observation of brain will only eradicate the hindrance, so a sadhak must continue to observe gross sensation of body objectively for their eradication. This objective observation of brain or head helps us remove after effect or trauma of any misery accumulated on mind due to prolonged effect of painful gross sensation on any part of body.

Thus in case of TINNITUS, the point here to consider is that why some sounds are okay for 'one' person but are giving headaches or misery to another person? It's because 'one' person is not affected by them and has a NEUTRAL perception to that sound, while other person has PERCEPTION OF AVERSION to same sound and thus causes the person misery.

The SOLUTION LIES in observing that same SENSATION upon its arising, objectively and equanimously till you have lost craving or aversion towards that sensation. Simply observe that sensation for at least 1-2 minutes or till the time you see that it's not bothering you, objectively and equanimously without giving any emotional reaction to it. Some sensations may be observed for duration of their arising till they have mellowed down or disappeared. **This objective observation of sensation must be done to resolve defilements of either craving or aversion to them. But eradication of sensation from root can be done by**

observing them at their exact arising or subtle arising of body part from where they are emitting.

Thus in case of **TINNITUS** all sounds aka electrical bursts (tinnitus sounds that keep changing) that one hears shall be observed with equanimity as soon as they arise and thus one is relieved of fear or anxiety of tinnitus in few days of time once that person has gone through the process of converting PERCEPTION OF AVERSION to sound TO NEUTRAL PERCEPTION by observing the same tinnitus voices/sounds objectively and equanimously as soon as they arise. **But for eradication of tinnitus from root, location of tinnitus voice is wrongly identified as EAR, where as it is actually coming from 'TMJ Area-T and jawline'** as in picture, the voices you hear from ear is due to nearness or proximity of **TMJ Area-T** and jawline, which is accumulating tinnitus aka neuronal electrical bursts. Thus when observing tinnitus you must focus your objective observation on **Area-T** and jawline instead of ear always.

Also 📌 as per laws of VIPASSANA, You should **avoid** any **visual or translated image of the part of the body** you are scanning. Observing or scanning for sensation ON visual / translated image of body part is a wrong method and will not give you any result. The reason we failed in calming sensations in case of **TINNITUS** was because we were observing TRANSLATED sensations coming out in the form of 'electrical bursts' aka various tinnitus voices. The original epic centre of tinnitus is **[TMJ] 'Area-T' and jawline** as in picture provided but the 'Area-T' and jawline being close to COCHLEA which is a hearing device of ear which takes these neuronal sensation coming from Area-T and jawline as input and **translates** them in to various tinnitus voices or electrical bursts, and thus we were observing these translated tinnitus voices objectively which were NOT ORIGINAL SENSATIONS but were in fact translated content, whereas what was required was to observe original neuronal sensations arising at exact epic-centre (TMJ) 'Area-T and jawline'[Area-T as in blue half circle on face near ear in picture provided] where tinnitus was active. **Thus, instead of focusing your attention to various tinnitus voices one shall always focus objective observation on 'Area-T' and jawline, always IGNORING TINNITUS VOICES to get resolution of tinnitus issue. NEVER give attention to tinnitus voices when tinnitus is active, instead put your one pointed objective observation on (TMJ) 'Area-T' and jawline as in picture, to calm down the tinnitus. We do this by overriding neuronal activity with 'touch of air' exactly at same location where tinnitus is active and we do this by sleeping under overhead speed FAN to objectively observe touch of air on TMJ and JAWLINE for several days.**

You must know that SENSATION OF TINNITUS VOICES (you have to see tinnitus voice as sensation) do not belong to you and they are simply there in surrounding as you hear them. You must CONTEMPLATE such that, this voice or tinnitus sound does not belong to me or mine. That just like voice of birds, voice of surrounding traffic noise does not bother me, similarly, tinnitus voice shall not cause any aversion to you and thus shall be observed objectively and equanimously for few minutes or till the time it simply starts to un-affect you. **This process of observing tinnitus sound on "TMJ AREA-T and jawline" with NEUTRAL PERCEPTION must be followed every time tinnitus voice arises. Better way is to observe 'touch of air' at TMJ area-T and Jawline.**

As for tinnitus issue, now, no more need to look far away @glowing sun image... All that was required was to CONVERT all tinnitus voices as they appeared on **Area-T**, to NEUTRAL PERCEPTION converting them from PERCEPTION OF AVERSION, by simply observing them objectively as they appear and ALSO BEING AWARE of fact that these voice do not belong to me and are there in surrounding just like voices of birds or surrounding traffics etc.

Additionally for tinnitus following is required:

Massage Area-T and jawline which is epic centre of accumulation of tinnitus voices with SESAME Oil (Til Oil) regularly.

Also do this for a week, once a day:

Take a spoon full of any organic honey, add lot of turmeric powder to make paste of it and apply it on Area-T and jawline. Let it remain for 2 hours and then wash your face etc.

Apply a very strong pain balm (example tiger pain balm) that penetrates the skin and muscles on Area-T and jawline.

You have always said not to observe tinnitus sound

So that's where I am confused.

Yes, ATTENTION TO TINNITUS IS A DOUBLE EDGED SWORD if not done correctly
If you attend to tinnitus with anxiety, fear, curiosity, stress then tinnitus will grow stronger
If you have learned to give OBJECTIVE attention to tinnitus voice then it will go away or mellow down

Before I forget,

TINNITUS GAME is to come out in various forms of voices and sounds to scare the shit out of the brain, Please do not fall into TRAP,

Just TAKE ALL TYPES OF TINNITUS VOICE as 'ELECTRICAL BURSTS', and do not worry about what type or form of tinnitus voice you are hearing.

If its tinnitus, then it's just a 'neuronal electrical burst' for you and thus just give objective attention to it for few minutes till it no longer affects you

Method to correct any body part for its action:

The other method is to do OBJECTIVE OBSERVATION OF SENSATION at subtle arising ON BODY PART that is supposed to be CORRECTED, thus while EYES are watching TV, your inner vision shall be focused on both **eyes** and both **eyebrow** area and observe emitting sensations of pain, stretching, vibrations, throbbing etc. that arise.

Similarly, when correcting Tinnitus issue, while listening to AUDIO/TV, your inner vision shall be focused on **AREAT-T** and jawline on **affected** ear side and you will SIMPLY IGNORE various tinnitus sounds aka 'electrical bursts' seeing them as bubbles that arise and fall due to objective observation and use them as a path to observe 'touch of air' exactly at same spot of their arising. For exact eradication of tinnitus one must observe 'touch of air' on head, TMJ, Jawline and Ear by sleeping under speeding FAN using neuronal activity as path to identify exact area to override and observe 'touch of air'.

What this means is that, you must first bring that body part to perform required action (action of watching TV or reading, in case of eyes, and hearing or listening to audio or touch of continuous AIR with running FAN at high speed, in case of tinnitus). Here you are simply required to do objective observation of sensations at their exact arising at body part, keeping your one pointed focus on BODY PART being corrected for its action and subsequently observing sensations at subtle level that arise due to action of watching TV or hearing audio or due to touch of high speed air from running FAN on affected Area-T and jawline. Simply **CLOSE YOUR EYES** and continue to keep your inner vision or focus on body part without missing even a second for the **DURATION OF its ACTION and continue to observe sensations (pain, 'electrical bursts' etc.) as soon as they arise and observe them till they mellow down.**

You shall **CULTIVATE SKILL** to see sensation as 'separate entity', 'isolated', 'not mine', 'detached from body', seeing them just like bubbles as they arise and they are impermanent and unsatisfactory in nature. As per law of nature they ARISE, PERSIST and CEASE. Sensations always arise on SURFACE of body, within or outside. Objective observation of sensations at subtle level is a path that is followed to eradicate or mellow them.

Always switch to observing CHEST AREA for few seconds or for 2-3 minutes '**noticing rise and fall of chest**' due to sensation of breath, in case of any doubts or to bring tranquillity to your subsequent objective observation of body part and arising sensations thereof,. In fact this action of observing chest area for at least 5 minutes shall be performed in beginning as a warm up to subsequent actions of observing sensations to still the mind and bring tranquillity to the mind. Just keep your focus on chest for few seconds to few minutes to start with. Simply observe the chest area and '**notice rise and fall of chest**' due to breathe while doing so.

Also ‘**objective and equanimous observation of rise and fall of CHEST**’ for around **3-5** minutes helps bring mind to ‘**present moment**’. Such **objective observation** of chest may be undertaken few times a day OR at end of every meditation or vipassana body scan.

Also ♡ as per laws of VIPASSANA, You should **avoid** any **visual or translated image of the part of the body** you are scanning. Observing or scanning for sensation ON visual / translated image of body part is a wrong method and will not give you any result. The reason we failed in calming sensations in case of **TINNITUS** was because we were observing TRANSLATED sensations coming out in the form of ‘electrical bursts’ aka various tinnitus voices. The original epic centre of tinnitus is [TMJ] ‘Area-T’ as in picture provided but the ‘Area-T’ being close to COCHLEA which is a hearing device of ear which takes these sensation coming from Area-T as input and **translates** them in to various tinnitus voices, and thus we were observing these translated tinnitus voices objectively which were NOT ORIGINAL SENSATIONS but were in fact translated content, whereas what was required was to observe original sensations arising at exact epic-centre (TMJ) ‘Area-T’ [Area-T as in blue half circle on face near ear in picture provided] when tinnitus was active. **Thus, instead of focusing your attention to various tinnitus voices one shall always focus objective observation on ‘Area-T’ and jawline, always IGNORING TINNITUS VOICES to get resolution of tinnitus issue. NEVER give attention to tinnitus voices when tinnitus is active, instead put your one pointed objective observation on (TMJ) ‘Area-T’ and jawline as in picture, to calm down the tinnitus. We do this by overriding neuronal activity with ‘touch of air’ exactly at same location where tinnitus is active and we do this by sleeping under overhead speed FAN to objectively observe touch of air on TMJ and JAWLINE for several days.**

You must see these electrical bursts aka various tinnitus voices as separate entities, as if bubbles are arising and you observe them and they fade away. For example if you saw a bird that came and perched on your hand or tree nearby, will you then consider that bird as part of your body? Similarly, you shall watch all sensations or electrical bursts aka tinnitus voices as separate entities, isolated, detached away from your body, and thus if you observe them objectively and equanimously, they will weaken and fade away.

Tinnitus voices are neuronal electrical bursts and ‘**law of nature**’ is such that as you observe them objectively and equanimously on ‘area-T’ and jawline **and not on EAR**, as soon as they arise, you make them fade away due to objective observation which is devoid of any emotional reactions or fear or anxiety, you are simply required to observe the arising of various tinnitus voices on Area-T and jawline overridden with ‘touch of air’, as soon as they arise in the form of ‘electrical bursts’, till they fade away.

We actually subject our ears to audio, running FAN air, or any action that triggers tinnitus, but while doing so we have already put our focus on ‘Area-T’ and jawline on affected ear side, observing ‘touch of air’ on sensations or electrical bursts that arise.

FINAL TEST (END OF TINNITUS)

The method used was this:-

After several days of Massaging Area-T and jawline with sesame oil and also application of honey+ turmeric paste on Area-T for around 4-6 times over few days, once a day, I undertook following test to end the tinnitus:

TEST:

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The one pointed focus required will be on Area-T and jawline near affected EAR. You must do this test for affected ear side only. But while doing so we have already put our focus on Area-T and jawline, observing 'touch of air' exactly at sensations of electrical bursts aka various tinnitus voices that arise, (objective and equanimous observation where we SIMPLY observe 'touch of air' at sensations of tinnitus voices as they arise.)

To eradicate defilement w.r.to continuous voice that triggers tinnitus voices, you have to switch ON a FAN that is on top of ceiling at highest speed and sleep with head positioned just below FAN.

Now you have to observe all sensations as they arise (tinnitus voices in various forms aka electrical bursts, seeing them as bubbles that are arsing and falling). During this test, your one pointed and **MAIN** focus shall be on observing electrical bursts as they arise on **Area-T and jawline**, including tinnitus voice or build-up of fireworks aka 'neuronal activity' aka '**electrical bursts**' aka tinnitus. You must continue to observe electrical burst on Area-T that arise during this objectively. But now, we use these arising sensation of tinnitus voices to reach subtle area of body part (TMJ and jawline) where then we observe 'touch of air' ignoring the tinnitus voices and reach the stage where we are able to just observe 'touch of air' and tinnitus voices are suppressed under 'touch of air'.

What will happen is that at some point of time during this test, tinnitus electrical activity may built up in strength, but you must continue to observe these electrical bursts aka various tinnitus voices as described above overridden by 'touch of air' making sure that we prevail in observing 'touch of air' instead of tinnitus neuronal activity. **YOU MUST PREVAIL IN OBSERVING 'TOUCH OF AIR' OVER NEURONAL ACTIVITY using high speed FAN AIR.**

You have to undergo this for at least 60-90 minutes for every session, usually you will undertake this during nights just before you go to sleep.

After 2-3 days of this test you will notice the best results and hopefully you will be out of tinnitus for good. Continue to do this test till the end results for several days.

VARIOUS STEPS TAKEN TO END TINNITUS (My own experience)

As per my own experience in dealing with TINNITUS issue, I went through following processes before I reached the final step to resolve it.

- 1) The first thing tinnitus does is to CAPTURE YOUR ATTENTION to it 24/7, and thus as per the law of nature any ATTENTION that is NOT OBJECTIVE or is filled with anxiety, fear, stress or any kind of aversion (negative emotion or negative approach) makes object of attention take stronger residence in your mind and thus your mind is now filled with it 24/7 attention to tinnitus and **thus tinnitus has now become permanent mental issue**, surviving purely due to negative attention to it.
- 2)
- 3) Hyperacusis or echo sound in ear may be first casualty and in that case one must let ear heal for at least 4-7 months, as Hyperacusis heals by itself but takes time. One must stop using headphone and earphone and not hear loud music during recovery from Hyperacusis. One must use earmuffs and cotton balls in ear during this period or wear cotton skull caps that cover entire ear from outside. One must restrict them from hearing any continuous sound i.e. avoid music, avoid touch of air from continuous running fan on ear, avoid sitting near any electrical device etc. **as listed in non-spiritual method.**
- 4)
- 5) There are 2 methods to deal with tinnitus, one is NON-Spiritual method where we use regular home remedies along with earmuff and cotton ball in ear, and avoiding triggers that cause tinnitus. **Second method** is purely SPIRITUAL METHOD derived from VIPASSANA teachings and we use OBJECTIVE AND EQUANIMOUS observation of '**TOUCH OF AIR**' exactly at location of TINNITUS VOICES that arise on 'Area-T and JAWLINE', which are nothing but 'NEURONAL ELECTRICAL BURSTS' to get rid of tinnitus in final step.
- 6)
- 7) **Non-Spiritual method** is always the **first remedy** that one follows.
- 8) **Breathing exercises** that help ear were performed for few days
- 9)
- 10) To get rid of attention to tinnitus voices, I started following shifting focus away to acquired visualized image of **GLOWING SUN IMAGE** method. Negative ATTENTION to TINNITUS is what keeps it alive. Every time tinnitus starts; the first reaction is to shift attention to ear, -ve attention that is filled with anxiety, fear or stress. Instead I learnt to shift attention to **visualized image of GLOWING SUN**. By doing so, we are **just replacing the focus from ear or tinnitus voice to acquired visualized image of glowing SUN, thus re-programming the brain to look for acquired image of glowing SUN rather than ear or tinnitus in case of any distress. This was done for around 5-7 days.**
This method of observing visualized glowing Sun image, was used for long time till I discovered that all I had to do was to observe "TOUCH OF AIR" at

Area-T and jawline objectively and observe tinnitus voices with equanimity that arise from Area-T. I then no more needed to look at acquired visualized image of glowing SUN.

11)

12) Tinnitus has probably happened due to STRESS on jawline area that connects bottom of ear to jawline, initially I usually took HALF CIRCLE area of EAR, from the face side, front facing the face, including jawline which connect with bottom of ear. But more precise area of epicentre of tinnitus was later found to be 'Area-T and 2 inch jawline area that connect with lower end of ear'. And the stress might have happened due to stress or pain to EAR and COCHLEA on account of build-up of wax or some dental issue which caused lots of pain around jawline area or due to prolonged clenching or tight locking of jaw area, which is also a protective cover for cochlea. Therefore ALWAYS KEEP JAWLINE RELAXED during meditation or otherwise.

Doctors usually use STEROIDS as first option to help with inflammation, but all that was required in this case was massaging Area-T and jawline with sesame oil and a local application of a very good pain balm that can penetrate into muscles, along with honey + turmeric PASTE preparation application, for at least 2-3 weeks with some gaps in days, to Area-T or entire half circle area surrounding ear, specially area that covers jawline up-to face area towards middle of ear from face side. Also apply sesame oil (til oil) at Area-T or square box in pics above and massage daily. [Area-T as in blue half circle on face near ear in picture provided]



13)

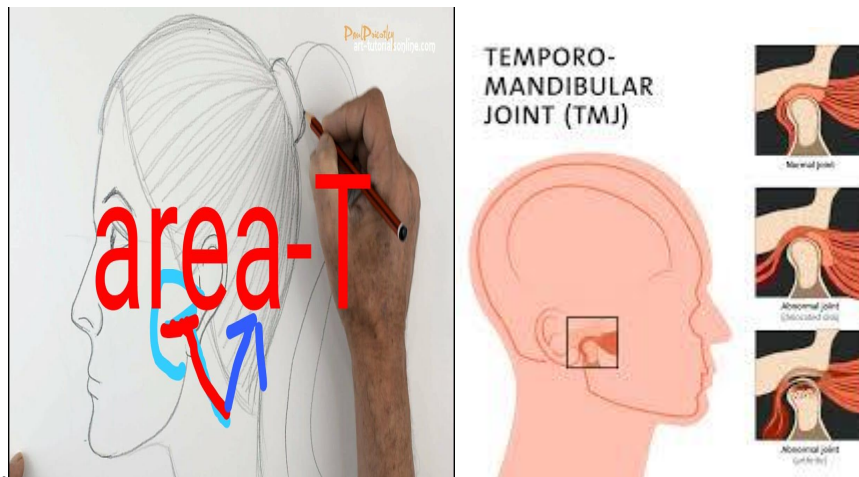
14) The clenching of jaws during meditation shall be avoided as prolonged stress on JAW due to clenching or locking of jaw during meditation or otherwise may give rise to TINNITUS, which is nothing but neuronal electrical bursts that one starts to hear due to silence and accumulation of neuronal activity on jawline that connects to ear which hides cochlea of ear behind along the jawline. Hence all meditation MUST BE DONE IN RELAXED MANNER making sure NOT TO CAUSE LOCKED JAW. RELAX the jaw if you feel it's getting locked or clenched during meditation or otherwise.

15)

16)

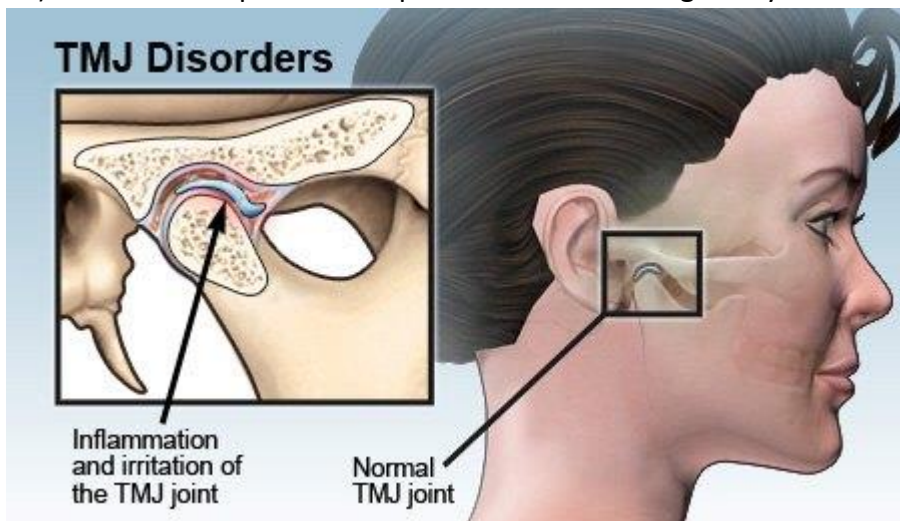
17)

18)



19)

20) This square box in the pic above (TMJ disorder) [Area-T as in blue half circle on face near ear in picture provided] is the spot which is the epic centre of tinnitus. This (Square box and Area-T in above pics) along with jawline is exact location where tinnitus gets accumulated and since it's near to hearing device aka cochlea we hear tinnitus. Use honey + turmeric paste application 2 hour each on this area, for several days with gaps, also learn to keep jaw relaxed always....That shall do the good Apart from that objective observation of affected area mentioned above shall be done but there is a vipassana process for that, I will explain later.... Take a spoon full of organic honey, add turmeric powder to make paste of it and apply at Area-T and Square box mentioned in pics. Let it remain for 2 hrs. And then wash your face etc...Do this at least 5-7 times once a day, for next 2-3 weeks. Also apply or massage sesame oil (til oil) at Area-T or square box in pics above and massage daily



21)

22)

23) Also I noticed in past that due to meditation or otherwise I have got a habit of locking (clenching) the jaw unknowingly for long times, and I keep my jaw tightly locked for several minute, and that also is causing build-up of fireworks aka tinnitus. When I relax the jaw I see at least 50-70% improvement. So it looks like we have to do away with habit of locking the jaw tightly and keep it RELAXED always.

24)

25) The final part is to deal with **various tinnitus sounds** that comes out in the form of **‘neuronal electrical bursts’**. In this case we shall not be confused by various sounds that tinnitus brings in to confuse the brain or to fear us, instead **we shall club all such tinnitus sounds as ‘electrical bursts’**. **So next time you hear tinnitus sound, do not start to describe it as ‘whooshing, fireworks, whistling etc.’ just know that it’s just a ‘electrical burst’**.

26)

27) Now in dealing with mental issue the LAW OF NATURE or LAW as described in VIPASSANA SPIRITUAL METHOD clearly says that as soon as we see mental issue arising or engulfing the body and when we SEE THE SENSATION OF ARISING MENTAL ISSUE OBJECTIVELY and EQUANIMOUSLY, we eradicate it in just few objective observations of their arising. And what is objective observation? An objective observer simply observes, all things as they are, without giving any opinion, or giving any emotional reactions.

28)

29) You shall **CULTIVATE SKILL** to see ‘electrical bursts’ aka tinnitus as ‘separate entity’, ‘isolated’, ‘not mine’, ‘detached from body’, seeing them just like bubbles or fireworks as they arise and they are impermanent and unsatisfactory in nature. As per law of nature they ARISE, PERSIST and CEASE. Objective observation of sensations at their subtle arising location at body part is a path that is followed to eradicate or mellow them.

30)

31) Thus in case of tinnitus all you have to do is to OBJECTIVELY observe ‘electrical bursts’ aka tinnitus objectively ‘on Area-T and jawline’ and ‘not on ear’, as they arise. Now depending on case it may require OBJECTIVE observation of ‘TOUCH OF AIR’ at location of ‘electrical bursts’ from few seconds to few minutes, or till the time till they have mellowed down or disappeared. Such Continuous objective observation of ‘touch of air’ at location of tinnitus voices arising thereof area-T and jawline along with entire head is required for many days to come before finally it will stop for good.

32)

33) Tinnitus voices are a form of TRANSLATED sensations and **‘law of nature’** is such that as you observe them objectively and equanimously, as soon as they arise, you make them fade away due to objective observation which is devoid of any emotional reactions or fear or anxiety, you are simply required to observe the arising of various tinnitus voices as soon as they arise in the form of ‘electrical bursts’, till they fade away. **However we replaced observing tinnitus voices with ‘TOUCH OF AIR’ for their complete eradication later.**

34)

35) We actually subject our ears to audio, running FAN air, or any action that triggers tinnitus, but while doing so we have already put our focus on Area-T and jawline and not on ear, observing sensations aka ‘electrical bursts’ that arise, (objective and equanimous observation where we simply observe sensations of tinnitus voices as they arise.)

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Breathing exercise for foggy ears/muffled ear voice syndromes / Tinnitus

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STAND in a relaxed upright position **focusing your vision on CHEST area**. **Keep your mouth shut**, let Chest do the breathing for few seconds. Notice rise and fall of CHEST AREA.

Do a regular natural breathing while always **focusing your vision on CHEST area during this breathing exercise**.

Any time **AFTER** 'next EXHALE', **HOLD or PINCH your NOSE** with index and thumb fingers, keeping your mouth shut,

Bend down SLOWLY, Bend over from the waist, head lowered, knees slightly bent. While you are bending in this position, you may find your head just near or above the knees. **Bend down SLOWLY in such a way that EARS Don't POP-UP**.

While you are in this lowered position, you will feel a strong pulsation of blood in your head, eyes, mouth and tongue, and a flushed feeling from your chest to the top of your head.

Start counting 1001, 1002, 1003

HOLD TILL MAXIMUM till the time you cannot hold anymore. **(You must increase your hold time gradually to minimum of 30-45 seconds)**

YOU MUST Hold till **STRONG URGE TO BREATHE**.

Finally, slowly straighten/stand up, Come back to standing position, Release your nose, and bring your focus back to CHEST AREA. Do not Inhale through Nose. Let CHEST do the breathing or inhale. All Inhale exhale shall be directed through chest not through nose.

Focus your vision on chest and let natural breathing happen automatically. Notice the rise and fall of breathe on chest area for few seconds. YOU MUST NEVER TRY TO REGULATE BREATHE, all breathing shall be natural.

Repeat above steps at least 3-5 times, and do this exercise at least 3 times a week.

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NON SPIRITUAL METHOD-1:

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First line of defence against tinnitus is, using noise reduction (23DB noise reduction or more.)EARMUFFS minimum 20 minutes at a time, and cotton swab or just plain cotton rolled and placed inside ear canal 24/7 all days for few weeks. EARMUFFS help create VACUUM and NO electrical conduction can take place in VACUUM.

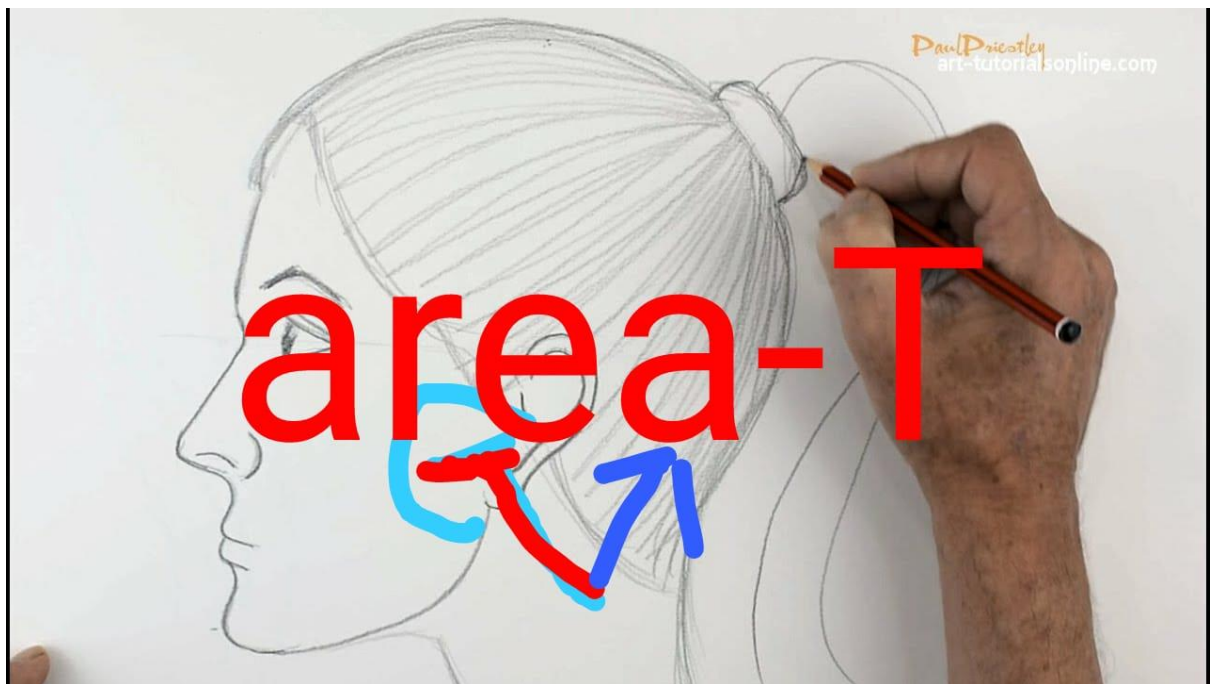
In the initial period, while walking, sitting or sleeping, practice seeing acquired visualized image of Glowing SUN every few seconds, thus making this as primary focus rather than Tinnitus. This has to be practiced extensively first few days. What this means is that for the duration of Tinnitus or otherwise you will "focus on image of SUN" rather than focus on Tinnitus. You are just replacing the FOCUS here. **{THIS METHOD IS NOT REQUIRED AFTER DISCOVERY OF 'touch of air' method}**

Apart from preliminary precaution like using speaker mode to talk on cell-phone, avoiding cell-phone on affected ears, avoiding earphone or headphone, using cotton swabs rolled and inserted inside ear canal 24/7 for few months, avoiding proximity to all electrical sounds or devices (AC/FAN, COOLERS, remain away from them at least 5 feet away), following Buddha way of protocol shall bring one out of misery of tinnitus. Cover your Ear with bed sheet etc. when sleeping under running FAN as continuous touch of air on ear triggers tinnitus, or sleep in such a way that FAN air reaches only up to neck.

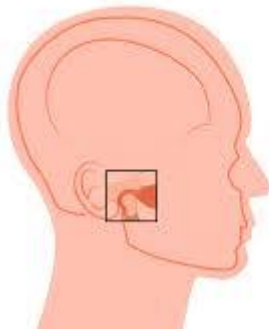
<https://sunild1204.tumblr.com/post/611655016231682048>

** It is also STRICTLY ADVISED to GO SILENCE, at least for 3-4 weeks to speed up healing in initial periods of recovery. This means one must TALK only when necessary, SPEAK on speaker mode of cell phone when attending calls 'not for more than a minute or two', shun listening to all TV, Radio. **

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TEMPORO-MANDIBULAR JOINT (TMJ)



Normal joint

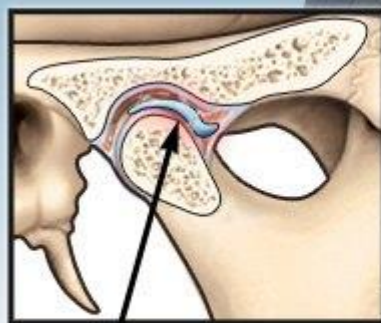


Abnormal joint (dislocated disc)

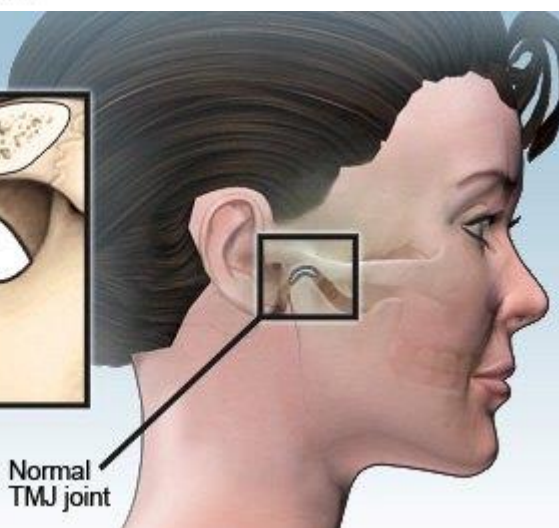


Abnormal joint (interlock)

TMJ Disorders



Inflammation and irritation of the TMJ joint



Normal TMJ joint

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How do I reduce high eye power naturally? Can any Ayurvedic remedy help?

My Answer:

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There are 2 Corrections needed

1) Brightness/light factor of eye (using incandescent bulbs 60/100 watt)

2) Strain on eyebrows, by observing eyebrows for several hours and observing sensation of pain, strain, fatigue etc. that arise, when this type of scan is done, it will take away strain from eyebrows. Understanding of observing sensations as learn during VIPASSANA may be needed or talk to someone who can guide you on how to simply observe sensations.

3) I have learnt to correct the problem 'on the fly' as it arises by observing sensations of pain, stress on eyebrows or eyelids, while watching TV, reading etc. Thus I no more need to do separate scans.

<https://www.quora.com/How-do-I-reduce-high-eye-power-naturally-Can-any-Ayurvedic-remedy-help/answer/Sunil-Dudia>

* Use your discretion and your best judgement when following the guidelines below *

I used those old type incandescent light bulbs (40/60/100 watts) initially and would watch them from distance of one and half feet for at least 10 minutes for each eye and then 5 minutes with both eyes. That did lots of good to my eye power.

I have done this with success:

In morning when sunlight is not too intense or **use incandescent bulb** (start with 40 or 60 watts), do this:

0. Always choose distance and intensity of light that does not hurt. Always open your eye as wide as possible without blinking.

Close your right eye with one palm, wide open your left eye completely (open wide) and 'without blinking' look directly at 'sun'/bulb for around 3 to 5 minutes.

Do the same for other eye.

At end open both eye wide and stretched to open complete and look at sun/bulb 'without blinking'. Now with both eyes wide open it is difficult to see the 'sun' so you may first look at 'sun'/bulb only for a minute or 2.

Do this daily and you shall notice a huge difference in your eyesight.

The other option is to try the same with our old incandescent bulbs 60/100 watt and instead of sunlight use this bulb to look at. You must however keep enough distance so as not to hurt your eyes. I usually started to keep 2 feet distance in beginning gradually decreasing it as time went by.

CFL & Led bulb are of NO USE for this purpose. Only our old 100 watt bulbs will do if not using SUN gazing.

USUALLY ONE SEES benefits in just 5–7 days of doing this.

The other thing one has to do is, to perform EYEBROWS SCAN. In this case one sleeps with a mirror in hand and continues to look at eyebrows with one pointed focus and concentration on left eyebrow to start with.

After some time one notices sensation of stretching, tightness, some pain and as one continues to penetrate these sensations one at a time, and continues to look at eyebrow one sees these sensations dissolving and at end one feels vibrating pulsations around eyebrows area signalling the end of scan. This type of scan is done usually for 30 -40 minutes or more at one go and after performing scan for 2–3 days one will notice that one no longer feels strain around eyebrow area anymore.

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BREATHING EXERCISES for ASTHMA/ Cold / Cough/Anxiety etc. or even otherwise THAT ONE MUST DO DAILY to REMAIN FIT, (ONE CAN EAT AS MUCH AND STILL REMAIN FIT with these breathing exercises)

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Breathing disorder and bronchial path disorder is responsible for cold/ cough / Asthma/ Anxiety issues. If one works to open up entire bronchial path with help of breathing exercises that oxygenate the body along with DILATING the bronchial path will help eliminate Asthma issue in just few weeks or months. **ALSO, THOSE WHO ARE CHEST CONCIOUS ALL THE TIME, SHALL NEVER FACE FREQUENT COLD COUGH ISSUES.**

Normally a breathing disorder causes anxiety/asthma issues:

**** ONE MUST STOP MILK CONSUMPTION TO STOP COLD COUGH ISSUES ****

**** Black Tea/Black Coffee, CURD/PLAIN YOGURT/BUTTERMILK IS OK ****

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• ALSO THOSE WHO ARE INTO MEDITATION OF BREATHE WATCHING, and those who **watch** or inhale breathe inside of nose may get cold cough issues due to hyperventilation, so the right way to watch or observe breathe is outside of nose, exactly @upper lip or at outer oval shaped Nose tips. When meditating on breathe, always watch each breathe exactly @upper lip area or Nose tips only.

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**** At NO TIME one shall breathe or INHALE through Nose, LET CHEST do that job of breathing during all breathing exercises ****

===== [Breathing exercise-1] =====

This breathing exercise shall be done daily even if one is not having any cold cough issues, will help you remain fit and always oxygenated.

Breathing exercise for Cold / Cough/ Asthma/ Anxiety etc.

STAND in a relaxed upright position **focusing your vision on CHEST area**. **Keep your mouth shut**, let Chest do the breathing for few seconds. Notice rise and fall of CHEST AREA.

Do a regular natural breathing while always **focusing your vision on CHEST area during this breathing exercise**.

Any time **AFTER** 'next EXHALE', **HOLD or PINCH your NOSE** with index and thumb fingers, keeping your mouth shut,

Start counting 1001, 1002, 1003

HOLD TILL MAXIMUM till the time you cannot hold anymore. **(You must increase your hold time gradually to minimum of 30-45 seconds)**

YOU MUST Hold till STRONG URGE TO BREATH.

Finally, Release your nose, bring your focus back to CHEST AREA. Do not Inhale through Nose. Let CHEST do the breathing or inhale. All Inhale exhale shall be directed through chest not through nose.

Focus your vision on chest and let natural breathing happen automatically. Notice the rise and fall of breathe on chest area for few seconds, till it has slowed down. **YOU MUST NEVER TRY TO REGULATE BREATHE, all breathing shall be natural.**

Repeat above steps at least 3-5 times, and do this exercise at least 5 days a week.

**** At NO TIME one shall breathe or inhale through Nose, LET CHEST do that job of breathing during all breathing exercises ****

===== [Breathing exercise-2] =====

This breathing exercise shall be done daily even if one is not having any issues, will help you remain fit and always oxygenated.

Breathing exercise for foggy ears/muffled ear voice syndromes / Tinnitus

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STAND in a relaxed upright position **focusing your vision on CHEST area. Keep your mouth shut**, let Chest do the breathing for few seconds. Notice rise and fall of CHEST AREA.

Do a regular natural breathing while always **focusing your vision on CHEST area during this breathing exercise.**

Any time **AFTER** 'next EXHALE', **HOLD or PINCH your NOSE** with index and thumb fingers, keeping your mouth shut,

Bend down SLOWLY, Bend over from the waist, head lowered, knees slightly bent. While you are bending in this position, you may find your head just near or above the knees. **Bend down SLOWLY in such a way that EARS Don't POP-UP.**

While you are in this lowered position, you will feel a strong pulsation of blood in your head, eyes, mouth and tongue, and a flushed feeling from your chest to the top of your head.

Start counting 1001, 1002, 1003

HOLD TILL MAXIMUM till the time you cannot hold anymore. **(You must increase your hold time gradually to minimum of 30-45 seconds)**

YOU MUST Hold till STRONG URGE TO BREATH.

Finally, slowly straighten/stand up, Come back to standing position, Release your nose, and bring your focus back to CHEST AREA. Do not Inhale through Nose. Let CHEST do the breathing or inhale. All Inhale exhale shall be directed through chest not through nose.

Focus your vision on chest and let natural breathing happen automatically. Notice the rise and fall of breathe on chest area for few seconds. **YOU MUST NEVER TRY TO REGULATE BREATHE**, all breathing shall be natural.

Repeat above steps at least 3-5 times, and do this exercise at least 3 times a week.

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===== [Breathing exercise-3] =====

This breathing exercise shall be done daily even if one is not having any issues, will help you remain fit and always oxygenated.

**** At NO TIME one shall breathe or inhale through Nose, LET CHEST do that job of breathing during all breathing exercises ****

-3-

SIMPLY WALK, keep your mouth shut, always **FOCUSING YOUR VISION ON CHEST FOR AT LEAST 5-10 Minutes**. Notice the rise and fall of chest while walking during this breathing exercise. Do not

Inhale through Nose. Let CHEST do the breathing or inhale. All Inhale exhale shall be directed through chest not through nose.

~~~~~Example of sampajanna ~~~~~

## **Gross sensation of Itching, 12 dependent links, Birth of a misery in the cognised form of volitional act of scratching:**

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**Conscious** signals that something has happened. (**Itching**)

If there is conscious there is a **mind** and matter (**body**)

If there is mind and matter (body), there are **6 sense media**

If there are 6 sense media, there is a **contact** of senses with objects

For every contact there is a **sensation** (itching in this case)

If there is a sensations there is PERCEPTION of either craving or aversion towards the sensation.

If there is PERCEPTION of either craving or aversion, there arises **CLINGING** aka wallowing in that sensation based on perception of craving or aversion

If there is CLINGING then there is a **BECOMING** i.e. Volitional physical Act in the form of Scratching

If there is a **VOLITIONAL ACT** then there is **BIRTH OF A MISERY** or a **continuation of a misery in the form of volitional physical act** of scratching which is **cognised** by conscious

Thus, as per '**4 NOBLE TRUTHS**', the knowledge that **ITCHING** is a **MISERY** and any **arising of either craving or aversion and VOLITIONAL ACT** w.r.to misery shall be avoided or abandoned by observing the gross sensation of itching and its exact arising at the body part area **with the knowledge that all Sensations are IMPERMANENT** and **with the WISDOM that a VOLITIONAL ACT of scratching as per '12 dependent links' as above will result in BECOMING** or continuance of existence of misery.

Thus, an **objective and equanimous observation** of gross sensation of itching shall be done at their '**EXACT ARISING at body part area**', making sure **all ARISING OF SUCH SENSATIONS are observed without missing single such**

**sensation** at their exact arising at body part area, till the sensation has weakened is the path to eradicating it.

-----End, **Example of sampajanna** -----

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## **GENERIC VIPASSANA SOLUTION FOR ALL GROSS SENSATIONS [20-04-2020]**

**Including any neurological issues like Migraine, Tinnitus etc.**

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“**Touch of AIR**”, on any part of body part is a **SENSATION**. **Thus**, when we objectively observe ‘CONTINUOUS touch of AIR’ on a body part for several minutes or several hours or days, depending upon severity of misery or defect w.r.to that body part, we eradicate the sensation or mellow it down and thus resolve the misery.

<https://sunild1204.tumblr.com/post/616284567531356160/the-tinnitus-solution-mechanism-through>

**Sensation watch** aka “TOUCH of breathe or AIR” observed on contact point of nose tips or upper lip selected for observation is a **training in VIPASSANA** to make you understand that this sensation is the only sensation a SADHAK must attend to or observe objectively at contact points or on any other part of body, ignoring or abandoning all other sensations as soon as they arise to alleviate the misery. **Also, objective observation of body part at exact arising of sensation may be undertaken to eradicate the defilement from the root, but that is explained later in this blog.** For now the primary focus for observation shall be “**SENSATION OF TOUCH OF AIR**”, ignoring or abandoning all other sensations, as soon as they arise. You must prevail observing **TOUCH OF AIR AS PRIMARY SENSATION** on any part of body or at contact points of upper lip or nose tips.

The GROSS sensations (pain, itch, cut, etc.) that arise due to contact are not ‘mine’, do not belong to us, so letting go of gross sensations is the right thing to do. The gross sensations arise to make us **wallow** in them, thus suffer misery for active duration of sensations, and **how do we wallow in sensations? By attending to sensations**, giving them continuous attention, **feeling them, clinging** to them, taking them as ‘mine’ as if they belong to us and we shall suffer with them (sensations). **What is the right way to respond to these gross sensations?** Sadhaks shall know that **ONLY SENSATION that shall be attended to is “TOUCH OF AIR”** and **all other sensations shall be let go or abandoned** and any clinging to them shall be avoided. Thus, sadhaks **shall NOT CLING** to gross sensations, **shall not wallow** in sensations, instead shall **turn mind away to ‘TOUCH OF AIR’** either on upper lip, or nose tips, or anywhere on body where ‘SENSATION OF TOUCH OF AIR’ can be felt. Sadhak can in some cases, **START SPEED RUNNING FAN** and observe and **ATTEND** to ‘touch of air’ on every part of body thus ignoring and letting go of every other gross sensations to alleviate misery to an extent. **Sadhak MUST PREVAIL in letting go of every gross sensations AS SOON AS THEY ARISE and instead ATTEND TO ‘touch of air’ on upper lip or nose tip or any part of body where available. For a SADHAK no gross**

sensation is worth attending to, only sensation he attend is ‘touch of air’, where ever available on any part of body.

Also, in the case where the gross sensations **ARE ALIVE** and active due to recent incident on body part area (cut, pain due to hurt etc.), or in the case where gross sensations must be eradicated from the root, sadhak may attend to objective observation of body part area that is emitting these sensations at their exact arising to alleviate the misery. But if objective observation is not possible due to severe condition of arising sensations, in that case objective observation of ‘touch of air’ may be undertaken on same body part area where these sensations are arising, and in that case, sadhak must prevail on observing and attending to ‘touch of air’ as **primary sensation** that shall override on top of the original sensation underneath. Sadhak may also chose to objectively observe and attend to ‘touch of air’ on other part of body to let go of sensations of misery if observing of ‘touch of air’ at affected body part is not possible due to any reason.

#### + (Why “Touch of Air” ?)

In an example where there is a hurt due to burn on a part of a body, the natural reaction of us is to blow air over the burnt area of body part. Now as you would have noticed, as long as **AIR BLOW** prevails on burns part, you feel better but as soon as you stop the air blow the original sensation of burn is back. What is happening here is that touch of air takes over the original burn sensation for a while.

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Now there are two ways to handle this situation. In first case, one continues to objectively observe sensations of burn from the body part area that is emitting these sensations of burn at their exact arising. But in that case you must continue to suffer burn sensations as they arise while continuing to maintain equanimity, or the second alternative is to start the running FAN and blow air to burn area and thus observing ‘**touch of air on burn area maintaining absolute equanimity**’, till the time sensation of burn has alleviated.

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The idea in both case is to reach the spot of body part which is undergoing change with arising and passing of sensations at atomic level due to defilement or burn in this case. When we do objective and equanimous observation of a body part at the exact arising of sensations or defilement, then we help that body part recover from sensations or misery as per the case.

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‘Touch of air’ is a generic sensation observation method which overrides any existing sensations, and thus we observe and cover every area of affected body part by observing touch of air. This method also helps alleviate misery to some extent, however since sensation arise on account of a defect or any pre-existing conditions or due to ‘**conditional arising or sankhara**’, it is required to observe body part where exact arising of these specific sensation take place during exact arising of these specific sensations, for example sensations of cut, pain, itch are specific sensations that arise on account of some external

reason, and thus it becomes important to use these sensations as a path to reach their exact arising and observe the exact location of body part that emits them in real time.

We do this with help of a **running FAN Air**, which is directed to the body part being objectively observed to correct itself of arising sensations of pain, itch, any neurological activity on body part etc. Even body part with **NO SENSATIONS** or neutral sensations are also observed for touch of air.

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Also in the case where arising sensations are within body and cannot be exposed to continuous touch of air, in that case we shall use our inner vision to look at body part that is emitting these sensations and in that case we use arising sensations as a path to reach the body part area where “**exact arising of sensation thereof**” is taking place, and observe that body part area objectively to eradicate the sensations or mellow them down.

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Similarly, if there already are real time sensations arising on account of some defect or hurt or medical issue or any external issue like cut, itch etc., then in that case one may use these real time, arising sensations as a path to reach ‘exact arising location on body part’ and observe that part of body which is emitting these sensations objectively. Alternatively ‘touch of air’ is observed at the same spot of ‘exact arising of sensations’ to alleviate the misery.

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Thus, for example in case of a **Migraine** (part of head/brain that is emitting sensations of pain or neuronal activity in any form) or in case of **Tinnitus**, [entire ear, and face area connected near to ear (**TMJ Area-T** as in picture provided) that is emitting sensations of vibrations or fireworks or neuronal activity in any form, along with ear canal], ARE **EXPOSED TO CONTINUOUS TOUCH OF AIR with help of running FAN**, and then one is required to ‘**objectively observe touch of air**’ on body part affected by sensation (sensation of pain or neuronal activity in form electrical bursts or fireworks, or any other sensation etc. ), even those areas where there is NO SENSATION or neutral sensations are included for touch of air observation.

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**One must prevail in observing ‘touch of air’ on body part being corrected, using existing sensations of misery only as path to reach their exact arising, making sure that eventually only touch of air is visible as a primary sensation to the person doing objective observation. This when done several times as per the need and severity of sensations, will eradicate or mellow down misery /sensation of any kind.**

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**PS:**

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Sensation are designed to take you into realm or world of misery so that you can wallow in them (sensations) and suffer; instead you shall objectively observe the body part that is emitting these sensations using sensations as a path to reach the 'body part area of exact arising of these sensations';

Thus, ignoring sensations but instead watching body part area that is emitting these sensations is the way to eradicate or mellow them down.

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So next time you have pain or bite or itching just use the emitting sensation as a path to reach the body part area which is emitting these sensations. Now, just observe the body part area ignoring the sensations while doing so. This way, objectively observe every area of body part that is emitting these sensations. Or just observe 'touch of air' anywhere on body, letting go or abandoning the sensation of misery.

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An "objective observer" simply observes, all things as they are, without giving any opinion, or giving any emotional reactions, also objective observer does not create any craving or aversion towards sensations. He sees all SENSATIONS AS SENSATIONS, without identifying them as GOOD or BAD, without differentiating between two sensations, knows that 'sensations are the outsider, 'not mine' and are phenomenon in a state of flux, arising and passing away.

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### ----- **FINAL, ENDING TINNITUS - STEPS:** -----

0) we will do this for at least 1-2 hour daily at night or when-ever you are affected by tinnitus.

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1) SLEEP ON BED UNDER A "FAST RUNNING FAN ON TOP OF CEILING", running at highest speed.

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2) SLEEP facing head just below FAN on top of ceiling.

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3) Now, START TO OBJECTIVELY OBSERVE "**TOUCH OF AIR**". Make note of 'touch of air' where ever it touch a specific area of body part. Simply observe. Read the definition of **HOW TO DO OBJECTIVE OBSERVATION?**

a)

Start first with observing '**touch of air**' where ever air touches on head or brain area. Make sure that your "FOCUS IS ON OBSERVING TOUCH OF AIR" where ever it touches on entire head, 'on top' and 'behind'. (Do this for at least 10 minutes). Here, do not do the mistake of enjoying the FAN AIR, you are simply required to **OBSERVE 'TOUCH OF AIR' ON AREA OF BODY. Touch of AIR on a body part is a "sensation" and hence you are in reality observing this sensation which is a neutral sensation that over-rides all other sensations of misery.**

b)

Next bring attention to observing touch of air on FACE on Affected ear side on Face, TMJ (Area-T as in pic) and 2-3 inch Jawline area that is connected to lower end of affected ear. Now, during this time you may be hearing tinnitus voice, but you must prevail in observing **ONLY** 'touch of air' only. **YOU MUST KNOW THAT YOU**

ARE REQUIRED TO OBSERVE TOUCH OF AIR ONLY IGNORING ALL OTHER SENSATIONS of tinnitus voices etc. (do this for at least 20-30 minutes, switching in between previous step of observing touch of air on head area for few minutes)

c)

If tinnitus voice is affecting you or preventing you from keeping your focus on 'touch of air' then you can observe 'touch of air' anywhere on body part excluding face area in initial period. You may choose any or all of body part to observe 'touch of air' where you are comfortable, **but you must prevail** in observing 'touch of air' ignoring all other sensations specially ignoring tinnitus voice during those times.

d) Switch between a, b, c steps above as per the need and comfort during this 90 minutes of session of 'touch of air observation'

4)

Henceforth during walking, sitting or any other activity you will not miss 'TOUCH OF AIR' anywhere on body, whenever that happens. This is a training you must master so that only sensation that you are alert to or attend to is 'touch of air'. SENSATION of TINNTIUS VOICES must be ignored and instead 'touch of air' is what shall be observed anywhere on body part whenever that happens.

Within 3-4 days you will observe tinnitus going away as you have learnt to focus on 'touch of air' as primary sensation, ignoring sensation of tinnitus voices.

5) SENSATIONS ARE ALIVE ONLY due to ATTENTION to them and YOUR WILLINGNESS TO SUFFER THE MISERY THEY CAUSE. But if you learn to observe sensation of 'Touch of AIR', then you over-ride original sensation of misery with something as NEUTRAL AND NATURAL, AS 'TOUCH OF AIR' and touch of air never causes you any misery.

<https://sunild1204.tumblr.com/post/611655016231682048/vipassa>